

"Way Cool" Pasta Salad

Makes: 12 or 48 Servings

12 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Medium-shell pasta, whole wheat		3 cups		12 cups
Yogurt, vanilla, non-fat		1 cup		4 cups
Mustard		1-1/3 Tbsp		5-1/3 Tbsp
Celery, chopped		1 cup		4 cups
Green onion, chopped		1/2 cup		4 cups
Tomatoes, chopped or canned, drained		2 cups		8 cups
Pepper		2 tsp		8 tsp

Nutrition Information

Nutrients	Amount
Calories	83
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	N/A
Sodium	35 mg
Total Carbohydrate	16 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Directions

1. Cook pasta according to package directions, but without adding salt to water. Drain and allow to cool.
2. In large bowl, combine yogurt and mustard.
3. Add pasta, celery and green onion to yogurt and mustard. Chill at least 2 hours in refrigerator.

4. Add tomatoes just before serving.

5. Top with pepper. Mix.

Notes

Serving Tips:

This dish can be served as a side, or as a main dish by adding chicken, turkey, beans or fish.

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware